



***“Life is a daring adventure, or nothing”
– Helen Keller***

Our History

- 1991 – American With Disabilities Act passed
- 1992 – First river trip down the Colorado River with disabled adults
- 1993 – River of Dreams 501(c)3 formed
- 1994 – First River Rampage youth trip
- 2000 – Program grows to year-round Daring Adventures
- 2008/2009 – City of Phoenix cut the program
- 2012- MOU Created with the City to operate the program
- 2014- Board adopts 5 year Strategic Plan to become sustainable
- 2018 – Program continues to grow and in 2017 provided 1966 participant days and 130 activity days



Adaptive Recreation to Fit Every Person's Needs

*We make it safe to have
fun!*



Our Mission

*Improving the lives of people
with disabilities and
significant life challenges
through the power of outdoor
recreation*



Who We Serve

Daring Adventure serves youth and adults with disabilities, both visible/invisible or significant life challenges that affect a person's daily life



Core Programs – conducted throughout the year

*Kayaking

*Cycling

*Hiking



Kayaking



Pool Training



On the Lake.....



Cycling

Multiple ways to ride-
Hand Cycle ~ Tandem ~
Recumbent
Or on your own



Hiking

- We utilize and enjoy the beautiful accessible trails around Phoenix.
- Hikes for different skill levels



Glen Canyon Overnight Kayak & Camping trip



Backpacking



Overnight backpacking trips to
Mogollon Rim, Superstition Mountains
and Flagstaff Nordic Center

Camping



Camping is a great family activity! We offer trips to Camp Colley as well as the Grand Canyon and other locations.



Sled Hockey

Fun way to get out of the summer heat
All ages and families welcomed



Cross Country Skiing

- Where – Flagstaff Nordic Center
- When – Whenever it snows



Hope
for
Snow

Adventure Hiking Phoenix Summit Challenge November Each Year



Organize and Lead -

- Phoenix 4 Trails
- All Abilities Trails



White Water Rafting

Adult Trip & Teen Trips



Mainstream- Spring 2019
River Rampage- July 19-24 2018



Healthy Day and Respite Recreation



- * **Healthy Day** Supports Day Programs and Group Homes in their efforts to assist individuals with disabilities improve their holistic health through the power of outdoor recreation.
- * **Respite Recreation** is a seamless program where members receiving DDD benefits participate in all of our scheduled activities.
- * All activities directed by a Certified Recreation Therapist

Why Healthy Day and Respite Recreation

Healthy Day and Respite Recreation looking towards the Healthy People 2020 Initiative

- According to the **Healthy People 2020** initiative focused on disability and health, individuals with disabilities, compared to the general population, are:
 - Less likely to receive recommended preventive health care services
 - At a high risk for poor health outcomes such as obesity, hypertension, falls-related injuries, and mood disorders such as depression
 - More likely to engage in unhealthy behaviors that put their health at risk, such as cigarette smoking and inadequate physical activity



Holistic Health Studies

- **Studies show that outdoor recreation drastically improves the holistic health of individuals with disabilities.** Researchers have found immediate mental, physical, and emotional improvement in individuals with disabilities who regularly enjoy outdoor recreation of some sort on a *weekly* basis.
- A specific 2013 study conducted by Department of Neuroscience at the German Sport University in Cologne, researchers concluded that physical exercise enhances cognitive performance in individuals with intact cognition as well as in individuals diagnosed with **intellectual and developmental disabilities**

Holistic Health Studies

- Individuals with developmental disabilities have **fitness levels significantly lower than the general population**. Their ability to run, jump, swim, climb stairs, lift weights, play golf or do anything that is physical in nature is inferior to the rest of the population.
- **Most individuals with developmental disabilities get very little physical activity and carry high amounts of body fat**. These traits do not develop from their condition, but rather from their lifestyle.



Healthy Day Recreation Outcomes

Physical

- Increased endurance (aerobic capacity)
- Decrease BMI (weight loss)
- Promotes an active lifestyle
- Increased physical independence/mobility
- Develops fundamental motor skills

Emotional

- Increased mood
- Reduced symptoms/risk of depression
- Reduced anxiety
- Greater self-esteem/confidence
- Relieves stress
- Improved overall life satisfaction

Social

- Improved social communication
- Dampens risk of social isolation
- Enhances perceived freedom

Cognitive

- Improved attention/concentration
- Improved executive functioning (planning, scheduling, sequencing)
- Improved memory

Healthy Day Recreation Vision

- Healthy Day Seasonal programming (October-May)
- **Healthy Day Recreation** includes our three core activities: cycling, kayaking and hiking as well as additional programming such as disc golf, pickleball, adaptive baseball, scavenger hunt and more.
- **Respite Recreation** scheduled year-round with activities such as camping, hiking, cycling, sled hockey, cross country skiing, kayaking, backpacking and more
- **Goal:** To improve the physical, social, emotional and cognitive health of individuals with disabilities through **inclusive** enjoyable outdoor recreation.



A WIN WIN Situation!



Through Healthy Day and Respite Recreation, Daring Adventures is deliberately and organically counteracting the country's critical issues surrounding the health of individuals with disabilities while the individual is having a FUN time!



Assessments



- * Participant and Volunteer Intake Forms
- * Detailed information about disability, support, interests
- * Assess skills, self-perceived well-being, community engagement, physical, social, recreation skills
- * To measure progress and program evaluation

Community Partners



City of Phoenix



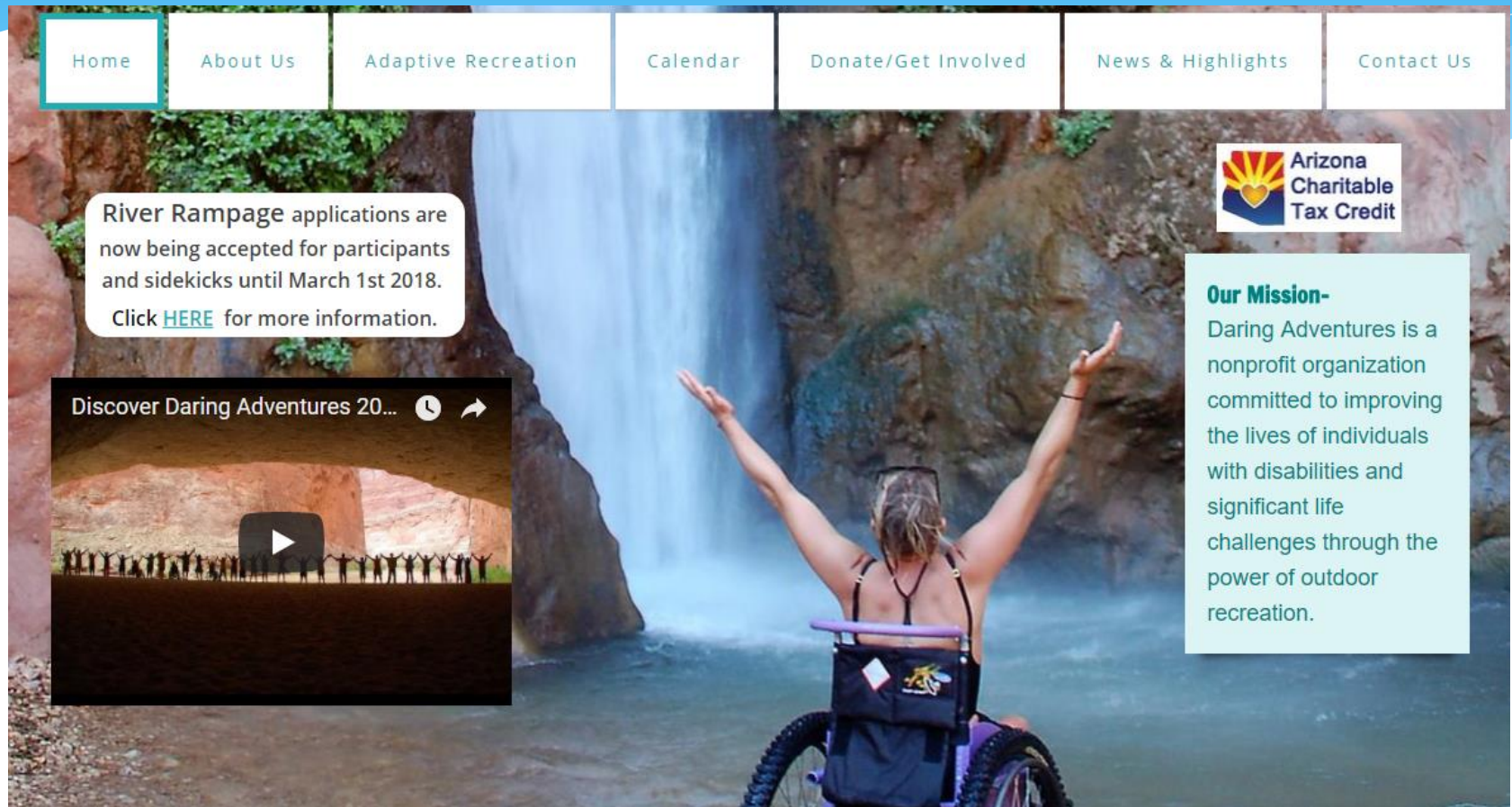
**Arizona Spinal Cord
Injury Association**



ABILITY360®

WEBSITE:

www.daring-adventures.org



www.daring-adventures.org

Go to the calendar tab to see what events are being conducted and how to sign up for an activity

OUR EVENTS : YOUR #OWNEVEREST

Daring Adventures Calendar Of Events

Today	◀	▶	January 2018	▼	Print	Week	Month	Agenda	▼
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
31	Jan 1	2	3	4	5	6			
		6pm Volunteer Orien				6pm Moonlight Hike			
7	8	9	10	11	12	13			
		HD - Partner's Prog 4:30pm Sunset Cyclin	12pm HD - Pathways						
			17	18	19	20			
			- Pathways			9am Kayaking			
			24	25	26	27			
			- Pathways	10am Barrows - Cycl					
			31	Feb 1	2	3			
			- Pathways			Sabino Canyon Hik			

**Check the website
for monthly calendar of
activities.**

**‘double Click’ on an activity and it
provides you with more
information**

How Can You Get Involved?

* PARTICIPATE

* VOLUNTEER

* DONATE



○ Visit our website – www.daring-adventures.org



Our Information

Web Site: www.daring-adventures.org
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